

Making a Plan

If you're ready to make a change, these questions can help you make a plan. Use your plan to help you reach your goal, step by step.

Print these questions so you can write down your answers. If you have diabetes, share your plan with your health care team.

What's hardest about caring for my diabetes?

Example: I want to exercise but never do. It makes me feel guilty and bad about myself.

Why is this important to me?

Example: I know exercise will help me manage my stress and help me feel better. It can also keep my glucose, weight and cholesterol on target.

Why haven't I made this change before?

Example: I don't have time to go to an exercise class or a gym.

How can I work around what gets in the way?

Example: I can do something on my own that doesn't take much time and is low cost or free.

What's my goal?

Example: I want to exercise 30 minutes a day, at least 5 days a week.

Here's my plan to get started to reach my goal (what I'll do and when I'll do it):

Example: I'll start by walking for ten minutes at lunch time.

Here's what I need to get ready:

Example: I need to take walking shoes to work and ask a friend to walk with me.

What might get in the way of making this change?

Example: In bad weather, I won't want to walk outside. I can walk at the inside instead.

How will I know if my plan is working?

Example: I will keep track of my blood glucose and cholesterol levels over time to see if they improve.

Here's how I'll reward myself:

Example: If I stick with my plans this week, I'll watch a movie.

Remember:

- You can make a plan that works for you.
- Make changes one at a time.
- Ask for support from family, friends, and your health care team.
- Celebrate your hard work!

Adapted from the American Diabetes Association's Channel Series: A Guide to Changing Habits.